



THE MEAT EXPERIENCE



**ESTÁBULO**  
RODIZIO BAR & GRILL

At Estabulo you really are the one in charge of your dining experience. Start by visiting our gourmet salad bar and hot buffet, where you will be able to choose from our stunning range of fresh salads, vegetables, breads and hot dishes.

From **17th November 2023 - 31st December 2023** \*Excluding 25th December 2023\*

# LUNCH MENU

A CHOICE OF 10 MEATS 12PM-4PM

MONDAY - FRIDAY £21.95 PP / SATURDAY - SUNDAY £21.95 PP

Carne | Beef

**PICANHA** CAP OF RUMP  
Flavoursome cut which melts in the mouth.

**ALCATRA** RUMP  
Rumpsteak cut with a delicious meaty flavour.

**MAMINHA** BOTTOM SIRLOIN  
Marbled cut with strong flavour.



Frango |  
Chicken

**SOBRECOXA  
DE FRANGO**  
CHICKEN

Cooked to  
perfection by our  
Chefs!

Porco | Pork

**BARRIGA DE PORCO** PORK BELLY  
Delicious succulent Pork Belly Meat.

**LINGUIÇA** PORK SAUSAGE  
Cured Beef & Pork Sausage.

**PRESUNTO** GAMMON  
Our twist on the classic Gammon cut.



Cordeiro | Lamb

**CARNEIRO** LAMB  
Tender seasoned minted Lamb.

Crianças | Childrens

**CHILDRENS RODIZIO**  
Children up to 4 years FREE - 5/8 years £10.95 - 9/13 years £13.95



ALL LUNCH MEATS PLUS AN ADDITIONAL 7 MEATS 4PM ONWARDS

SUNDAY - THURSDAY £32.95 PP / FRIDAY - SATURDAY £32.95 PP

# DINNER MENU

Carne | Beef

**FILÉ MIGNON** FILLET STEAK  
A first class cut of meat, tender and full of flavour.

**PICANHA -ALHO**  
CAP OF RUMP  
Rumpsteak cut with a delicious garlic flavour.

**BIFE PICANTE** CHILLI BEEF  
Tender and full of flavour smothered in Chilli Oil.

**BIFE DO LOMBO** SIRLOIN STEAK  
Delicious cut, juicy and meaty in flavour.

**FRALDINHA** BEEF SKIRT  
Juicy and flavoursome cut of Beef.

Frango | Chicken

**FRANGO COM TOUCINHO**  
CHICKEN & BACON  
Beautifully cooked Chicken & Bacon

**CORAÇÃO DE FRANGO**  
CHICKEN HEART  
A delicious and tender Brazilian delicacy



Our Festive menu includes the standard Rodizio with extras including Spicy Sausage, Pigs in Blankets, Ribeye, Cranberry Sauce, Gravy and Yorkshire Puddings.

# FISH & VEGETARIAN

VEGETARIAN LUNCH £15.95PP VEGETARIAN DINNER £20.95PP

FISH LUNCH AND FISH DINNER £23.95PP

Peixe | Fish

**FISHERMAN'S  
BASKET**

A mixture of fried chunky cod bites, prawn twisters, charcoal prawns, red velvet prawns, squid rings and dusted calamari.



Vegetariano | Vegetarian

**ROSSOTTO DE  
ABOBORA**  
BUTTERNUT SQUASH  
RISSOTTO  
A risotto full of flavour with a  
vegetarian Hard Cheese.

**PASTA RECHEADA**  
RIGATONI  
GIARDINEIRA

Beautifully cooked in a Garlic and  
Chilli Cheese.



Once you are ready for the meats, simply turn your small round card to green and our Passadors will start bringing out flame grilled meats. When you are finished or just need a break turn the card to the red side. To resume just turn the card back to the green side and the passadors will resume.

A discretionary 10% service charge will be added to your bill. Please ask if you would like this to be removed.  
Allergens and Kcals can be found on the website.

